



Healthy Lunch Guidelines

Choose one from each section



Fruit

- | | |
|---------------------------------------|--------------------------------------|
| <input type="checkbox"/> Apple | <input type="checkbox"/> Grapefruit |
| <input type="checkbox"/> Pear | <input type="checkbox"/> Grapes |
| <input type="checkbox"/> Orange | <input type="checkbox"/> Cherries |
| <input type="checkbox"/> Banana | <input type="checkbox"/> Kiwi |
| <input type="checkbox"/> Strawberries | <input type="checkbox"/> Blueberries |
| <input type="checkbox"/> Plums | <input type="checkbox"/> Apricots |
| <input type="checkbox"/> Peach | <input type="checkbox"/> Clementines |

Vegetables

- | | |
|---|---|
| <input type="checkbox"/> Carrot Sticks | <input type="checkbox"/> Radishes |
| <input type="checkbox"/> Celery Sticks | <input type="checkbox"/> Green Beans |
| <input type="checkbox"/> Baby Green Salad | <input type="checkbox"/> Cooked Winter Squash |
| <input type="checkbox"/> Cucumber Slices | <input type="checkbox"/> Cherry Tomatoes |
| <input type="checkbox"/> Steamed Potatoes | <input type="checkbox"/> Avocado |
| <input type="checkbox"/> Sugar Snap Peas | |
| <input type="checkbox"/> Cabbage | |

Whole Grain

- | | | |
|---|---|--|
| <input type="checkbox"/> Brown Rice or Quinoa | <input type="checkbox"/> Whole Grain Muffin | <input type="checkbox"/> Whole Grain Tortilla |
| <input type="checkbox"/> Noodles | <input type="checkbox"/> Nori Rolls | <input type="checkbox"/> Whole Grain Flatbread |

Proteins

- | | | |
|--|--|--------------------------------------|
| <input type="checkbox"/> Sandwich | <input type="checkbox"/> Chicken Noodle Soup | <input type="checkbox"/> Cooked Fish |
| <input type="checkbox"/> Cooked Beans | <input type="checkbox"/> Lentil or Bean Soup | <input type="checkbox"/> Yogurt |
| <input type="checkbox"/> Raw Nuts | <input type="checkbox"/> Hard Boiled Egg | |
| <input type="checkbox"/> Sliced Turkey | <input type="checkbox"/> Hummus | |